

Taco Pie with Beans

Meal Components: Vegetable - Red / Orange, Grains, Meat / Meat Alternate

Main Dishes, D-45B

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Dry pinto beans, cooked (see Special Tip)	8 lb 7 oz	1 gal 1 3/4 qt	16 lb 14 oz	2 gal 3 1/2 qt	
OR	OR	OR	OR	OR	
Low-sodium canned pinto beans, drained	8 lb 7 oz	1 gal 3 cups (2 No. 10 cans)	16 lb 14 oz	2 gal 1 1/2 qt (4 No. 10 cans)	1. Drain beans, and mash.
Taco seasoning mix	6 oz	1 cup	12 oz	2 cups	2. Sprinkle the taco seasoning mix over beans.
Water		2 1/2 cups		1 qt 1 cup	3. Add water and allow to simmer for 15 minutes.
Low-sodium canned salsa	2 lb 3 oz	1 qt 1/4 cup (1/3 No. 10 can)	4 lb 6 oz	2 qt 1/2 cup (2/3 No. 10 can)	4. In a bowl, combine salsa, tomato puree, and water.
Low-sodium canned tomato puree	2 lb 6 oz	1 qt 1/4 cup (1/3 No. 10 can 3/4 cup)	4 lb 12 oz	2 qt 1/2 cup (3/4 No. 10 can 1/2 cup)	
Water		1 qt		2 qt	
Whole-grain rich tortillas, 8-inch		40 each		80 each	5. Cut tortillas in halves.

Reduced fat cheddar cheese,
shredded

2 lb

2 qt

4 lb

1 gal

6. Lightly coat steamtable pans (12" x 20" x 2 ½") with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

7. Assembly: Bottom layer: Place 16 half-tortillas in bottom of pan. Distribute 1 lb 8 oz (3 ½ cups) of the bean mixture on top of tortillas. Spread 1 lb 3 oz (2 cups) taco sauce over the bean mixture. Sprinkle 6 oz (1 ½ cups) shredded cheese over taco sauce.

8. Middle layer: Place 12 half-tortillas on top of the taco sauce. Distribute 1 lb 8 oz (3 1/3 cup) of bean mixture on top of the tortillas. Spread 1 lb 3 oz (2 cups) taco sauce over the bean mixture. Sprinkle 6 oz (1 ½ cups) shredded cheese over taco sauce.

9. Top layer: Place 12 half-tortillas on top of the taco sauce. Divide the remaining bean mixture on top of the tortillas. Divide the remaining taco sauce over the bean mixture. Sprinkle 4 oz (1 cup) of shredded cheese evenly over the taco sauce.

10. Bake: Conventional oven: 350° F for 30

11. CCP: Hold for hot service at 135° F or higher.
Let pie rest for 5 minutes before portioning. Cut
each pan 5 x 5 (25 pieces per pan).

Notes

Serving Information:

1 piece provides: Legume as Meat Alternate: 2 oz equivalent meat alternate, 1/4 cup red/orange vegetable, and 1 1/2 oz equivalent grains.

OR

Legume as Vegetable: 1/2 oz equivalent meat alternate, 1/4 cup legume vegetable, 1/4 cup red/orange vegetable, and 1 1/2 oz equivalent grains.

Special Tip:

SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with cooking the beans.

Quick-soak method: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with cooking the beans.

COOKING BEANS

Once the beans have been soaked, add ½ tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

CCP: Hold for hot service at 135° F.

OR

Chill for later use.

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 ½ cups dry or 5 ¼ cups cooked beans.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Dry pinto beans	4 lb 5 oz	8 lb 10 oz

Serving	Yield	Volume
1 piece provides: Legume as Meat Alternate: 2 oz equivalent meat alternate, 1/4 cup red/orange vegetable, and 1 1/2 oz equivalent grains.	50 Servings: about 16 lb 13 oz 100 Servings: about 33 lb 10 oz	50 Servings: 2 steamtable pans 100 Servings: 4 steamtable pans